

Bump Bump Bump

COPPER **NOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Paulette Hylands (UK)
音乐: Bump, Bump, Bump (feat. P. Diddy) - B2K



Dance starts on the last 'Bump' of the lyrics 'Bump, Bump, Bump' on count 1. Alternatively You could start immediately after the last 'Bump' on count 2. Step 1 of Section 1 is only done at the start of the dance as step one from wall 2 onwards will be the last 'bump' on the 8&1 count at the end of section 4

TOUCH, SIDE ROCK, RECOVER, STEP, POINT SWITCHES WITH ¼ TURN, KICK BALL STEP

1 Touch right toes forward
2& Rock right to right side, recover on left
3-4& Step right beside left, point left toes to left, step left beside right
5&6& Point right to toes to right, step right foot back in ¼ turn left, point left toes to left, step left beside right
7&8 Kick right foot forward, step right beside left, step forward on left

STEP, SLIDE, FULL TURN WITH POINT, ¼ POINT, ¼ POINT, STEP, TWISTS MAKING ½ TURN

1-2 Step right to right, slide left to meet right and touch
3&4 Step left foot ½ turn left, step right foot ½ turn left, point left out to left
5-6 Pivot ¼ turn on ball of right pointing left toe to left, pivot ¼ turn on ball of right pointing left toe to left
7 Step forward on right
8&1 On balls of both feet swivel ½ turn right, ¼ turn left, ¼ turn right

STEP, KICK, ¼ STEP, POINT, ¼ STEP, WALK, WALK, ROCK TOGETHER (MAMBO STEP)

2 Step left forward
3&4 Kick right forward, step ¼ right on right foot, point left out to left side
5-6 Step ¼ left on left, walk forward right, left
7&8 Rock forward on right, recover on left, step right beside left

MAMBO, CROSS, UNWIND, TOUCH, ½ TURN TOUCH, STEP, BUMPS TWICE

1&2 Rock forward on right foot, (1) recover on left, (&) cross right over left(2)
3-4 Unwind ½ turn left, touch right toes forward
5-6& Pivot ½ turn right on ball of left foot hitching right slightly in the air and touch right toes forward, rock right to right side, recover on left
7 Step right beside left
8&1 Step forward on left leaning forward slightly, raise and drop left heel as you lean forward by bending your left knee slightly, raise and drop left heel as you lean forward a little more by bending your left knee more

Steps 8&1 above are a step, then 2 heel bumps in which heel goes - up, down, up down over 2 counts

REPEAT